DOCUMENT RESUME

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ABSTRACT

Intended for children in first grade, this workbook provides practice in writing correctly all 26 manuscript letters, both upper and lower-case, and numerals from 0 to 9. The alphabet used in the workbook is the Zaner-Bloser style of handwriting, the most widely used system in the schools of the United States. The strokes used to make each letter are carefully explained, and models are provided so that as the child practices he or she will be making the letter forms correctly. Review pages provide practice in writing all of the letters previously practiced individually. (SR)

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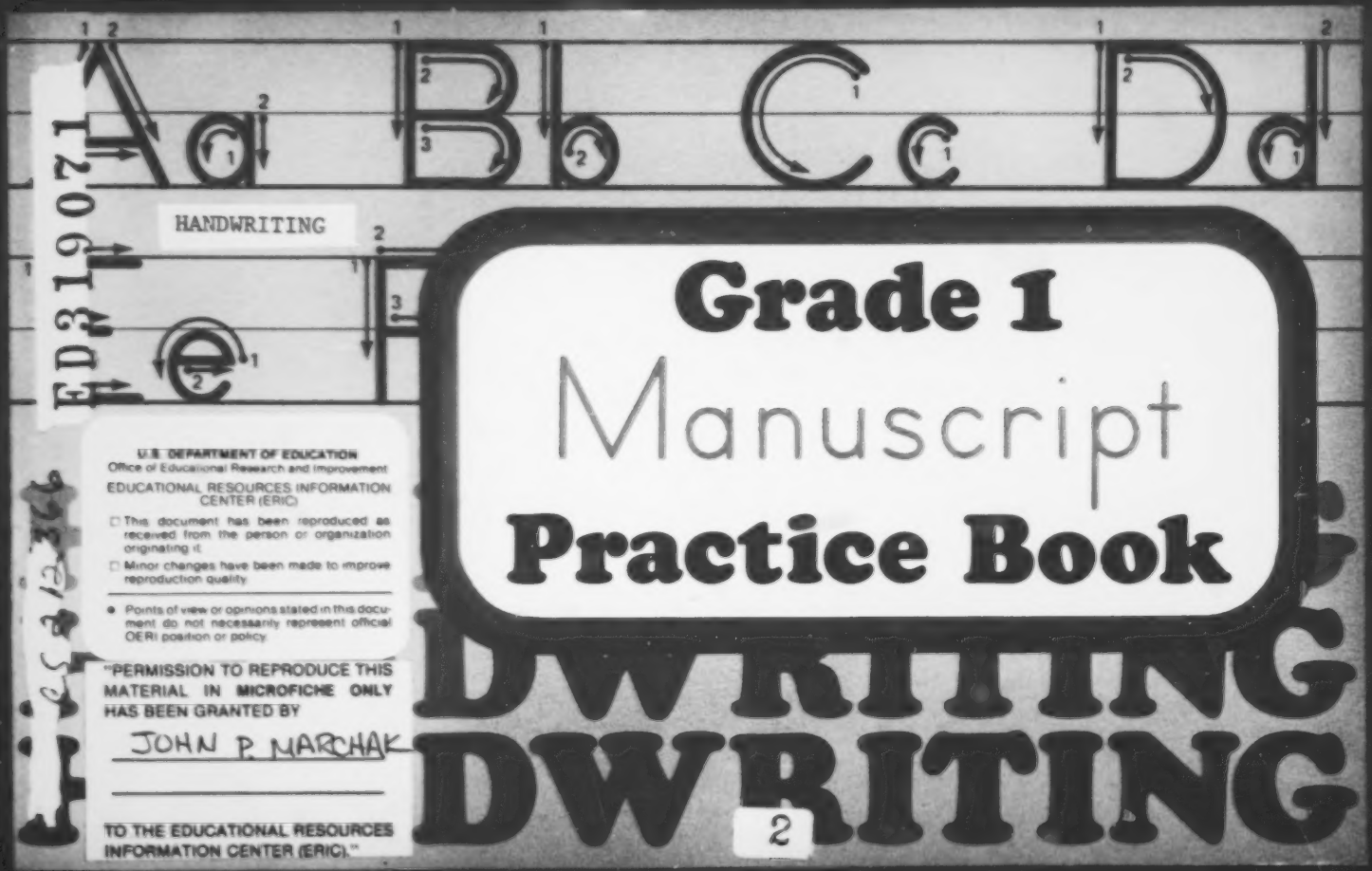

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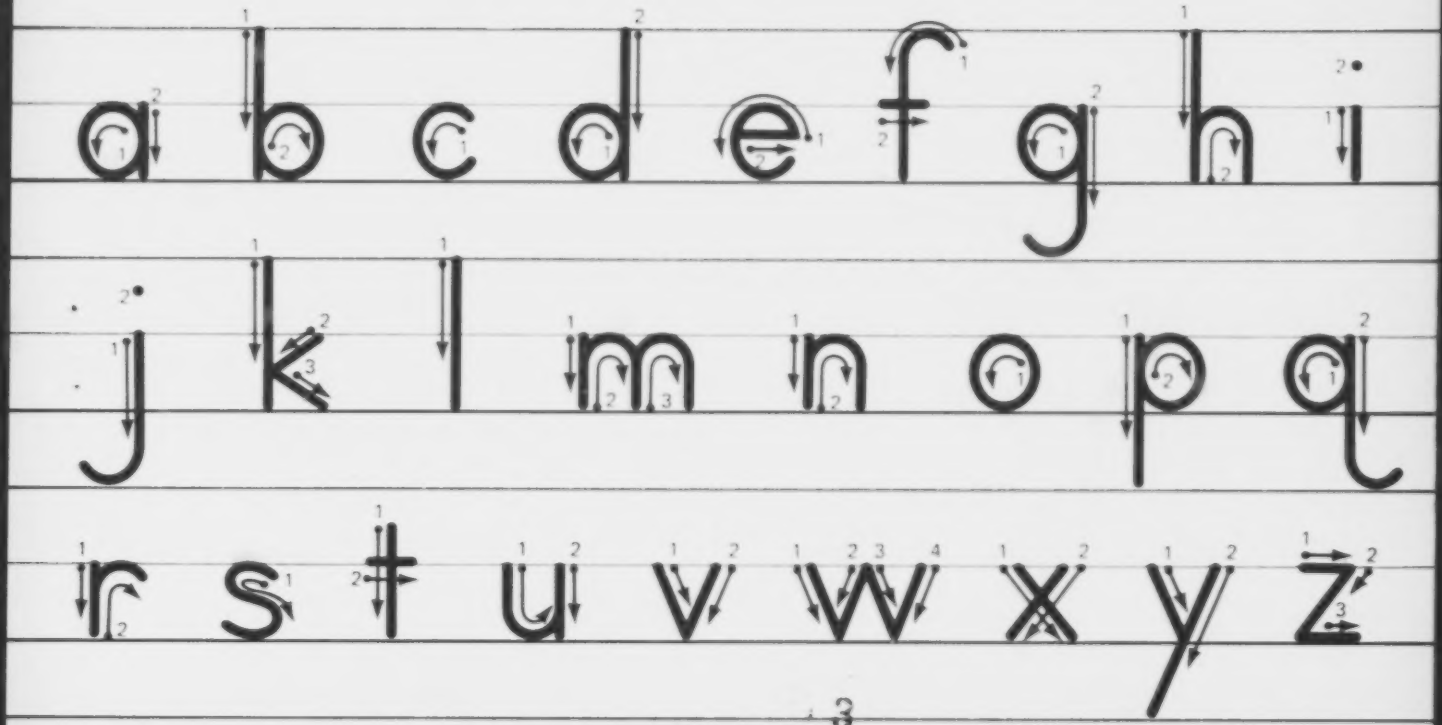
a b c d e f g h i
j k l m n o p q
r s t u v w x y z

Grade 1

Manuscript

Practice Book

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Introduction

This book provides practice in making correctly all twenty-six manuscript letters, both upper and lower-case, and numerals from zero through nine. The strokes used to make each letter are carefully explained, and models are provided so that as the child practices he or she will be making the letter forms correctly.

Handwriting is one of the basic skills of learning. Once mastered, writing becomes a tool which allows the child to express ideas, record information, and report to others. The goal of handwriting instruction is to acquire a skill which the child can use in all areas of school work.

The alphabet used in this book is the Zaner-Bloser style of handwriting. It is the most widely used system in the schools of the United States. The Zaner-Bloser manuscript letters are formed from four basic strokes—the horizontal line, the vertical line, circles, and slant lines. Because the letters are formed by making straight lines and circles and parts of circles, they are both easy to make and easy to read. Years of research have been given to developing this alphabet.

For each letter an exact description of the strokes is presented, followed by the letter model with descriptive labels of its parts, and a fading model with stroke arrows and numerals. The child writes over a dotted letter model, then writes the letter within a "tolerance" area, and finally practices the letter many times. Solid letter models appear at the beginning and end of every practice line so that the child will always have a model within her or his sight. The letter is then practiced within words and simple sentences. The vocabulary used throughout the book consists of basic sight words and high-interest words selected be-

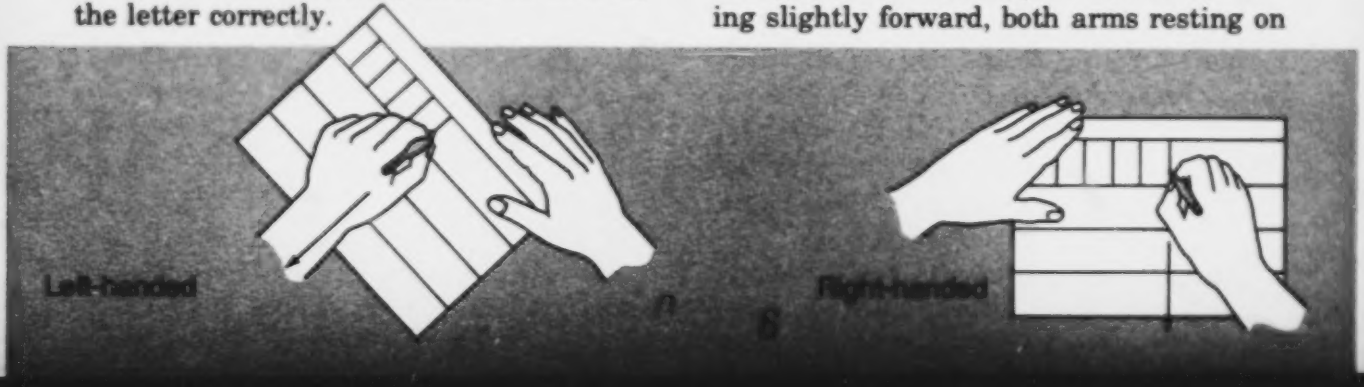
cause they are used in reading and spelling books at this grade.

In order for the child to learn how to make the letters correctly, practice is necessary. Careful attention to the strokes used in making each letter, before practicing the letter, will give better results. Additional practice is then needed to overcome the tendency to "draw" the letter. In order to write quickly and well, the child must have learned how to make each individual letter and have had sufficient practice in making the letter correctly.

On the review pages the child writes all of the letters previously practiced individually. By checking the review pages, you will be able to see the child's progress.

Position for writing

The child should sit at a desk or table with the light positioned over the left shoulder (the right shoulder if the child is left-handed). The child should sit up straight but comfortably in the chair, leaning slightly forward, both arms resting on



the desk, with elbows off the desk to permit free arm movement.

The pencil or pen is held between the thumb and first two fingers, about an inch above its point. The first finger rests on the top of the pencil or pen. The end of the *bent* thumb is placed against the pencil or pen to hold it high in the hand and near the large knuckle. The top of the pencil or pen points in the direction of the shoulder.

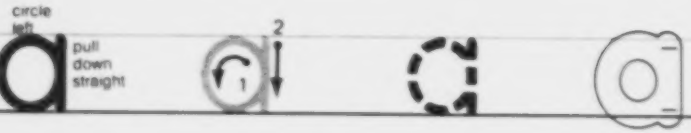
If the student is right-handed, the practice book is placed on the desk squarely in front of him or her. The left edge of the page should be even with the midsection of the body. The strokes are pulled straight down toward the center of the waist. The left arm rests on the desk and the left hand holds the book in place and shifts it as the writing progresses across the sheet.

The left-handed student should tilt the practice book up and toward the right, so that the lower right corner is slightly to the left of the mid-section. This position enables the left-handed student to see the writing without having to "hook" the wrist. The strokes are pulled toward the left elbow.

Summary

Practicing how to make correctly each of the letters of the alphabet and the numerals will aid a child in writing better. Good penmanship is a sign of a good pupil. Once mastered, penmanship can then become a tool which the child uses to write creatively. This practice book, using the letter forms most frequently taught in the schools of the United States, teaches the child how to make the letter correctly, provides opportunities to practice making the letter, and then provides situations to write the letter in words which are in the readers and spellers of the child's grade level.

The letter is lower-case a. Circle backward (left), all the way around, touching both the midline and the baseline. Begin at the midline, pull down straight to the baseline, touching right side of circle.



a a

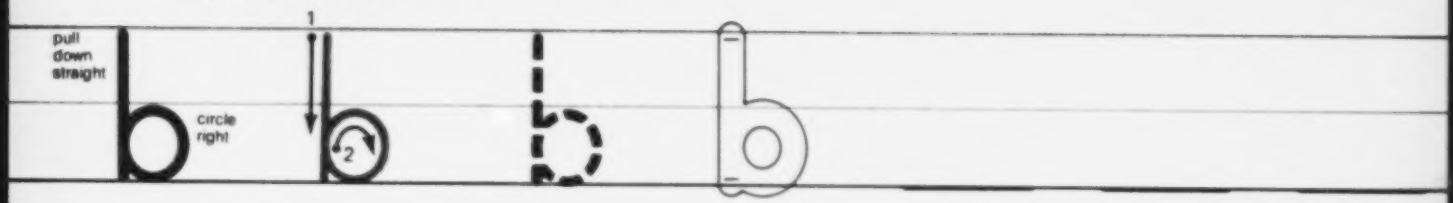
a a

t nd m n

w y g in

I m h ppy.

The letter is lower-case b. Begin at the headline, pull down straight to the baseline. Circle forward (right), all the way around, touching the midline, the baseline, and the first stroke.

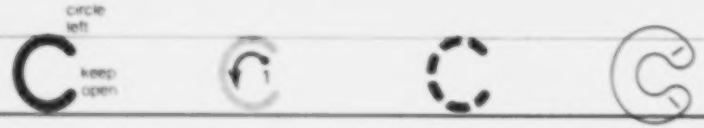


e a y ut

ra it a out

It is a ig ell.

The letter is lower-case c. Begin below the midline and circle backward (left), touching the midline and the baseline. Leave the circle open.

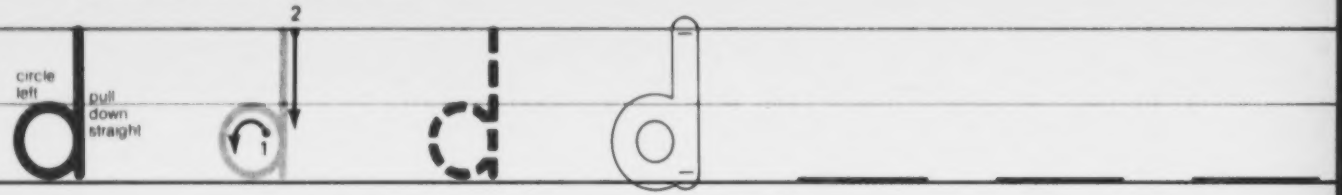


_an _ap _ome

_ow fa_e sa_k

My _at is ba_k.

The letter is lower-case d. Circle backward (left), all the way around, touching the midline and the baseline. Begin at the headline, pull down straight to the baseline, touching the right side of the circle.

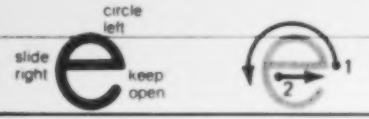


_ay _o __i__

_own ha__ bir__

Da_ has a __og.

The letter is lower-case e. Begin halfway between the midline and the baseline, circle backward (left), touching the midline and the baseline, and leaving the circle open. Slide to the right, closing the top half of the circle.



e e

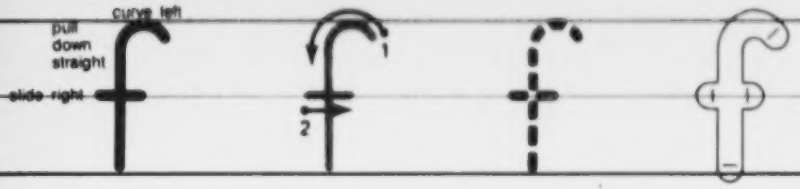
e e

s_ _ _ s_ t h_ r_

_ gg w_ r_ ar_

I at_ dinn_ r.

The letter is lower-case f. Begin below the headline, curve backward (left), touching the headline, and down, pull down straight to the baseline. Slide to the right on the midline, crossing the downstroke.

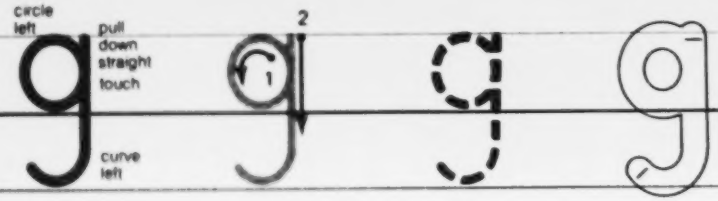


all eet i

or gi t o

I ish or un.

The letter is lower-case g. Circle backward (left), all the way around, touching both the midline and the baseline. Begin at the midline, pull down straight, touching the right side of the circle; curve left, touching the descender line, and up.

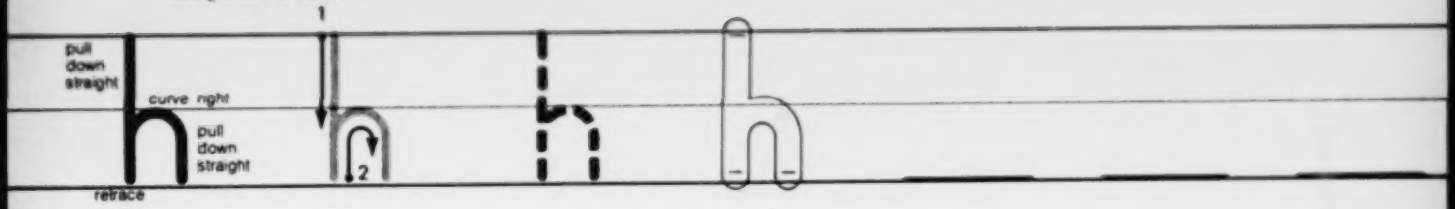


_et _ive _irl

_ot ba_ _um

We sin_ son_s.

The letter is lower-case h. Begin at the headline, pull down straight to the baseline; retrace, curve forward (right), touch the midline, and down, pull down straight to the baseline.

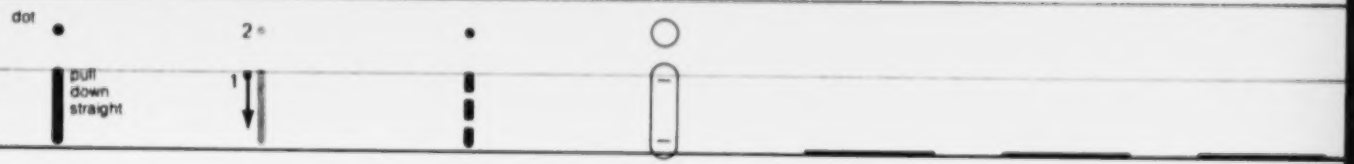


_at _op t_ank

_and s_e wit_

T_e _ill is _ig_.

The letter is lower-case i. Begin at the midline, pull down straight to the baseline. Dot halfway between the midline and the headline.



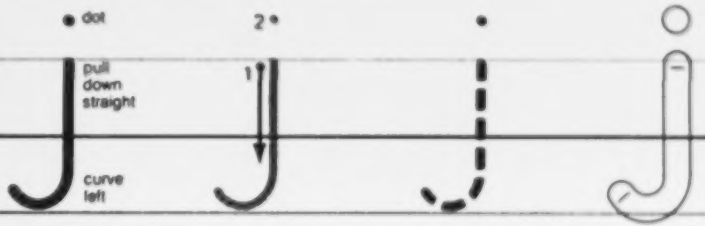
24

_f _n s_t th_s

_t sa_d n_ne

It _s n_ght.

The letter is lower-case j. Begin at the midline, pull down straight, curve left, touching the descender line, and up. Dot halfway between the midline and the headline.

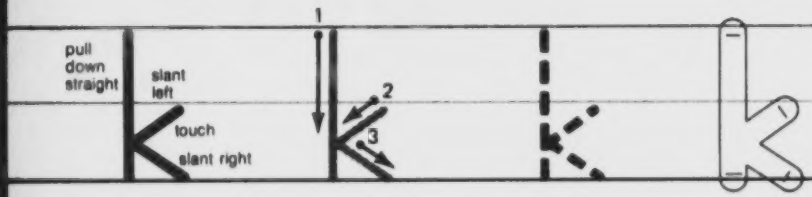


_ar _oy _uice

_ump _ust

I en_oy _am.

The letter is lower-case k. Begin at the headline, pull down straight to the baseline. Begin at the midline, slant left to touch the first stroke, slant right to the baseline.

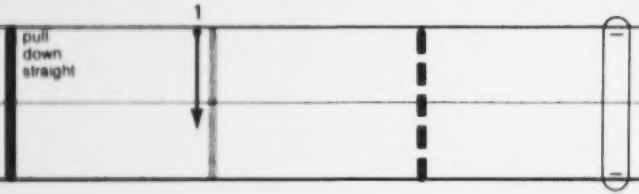


itten now

tal pic ic

I eep eys.

The letter is lower-case l. Begin at the headline, pull down straight to the baseline.



ong b ue ca

itt e cou d

He p me pu .

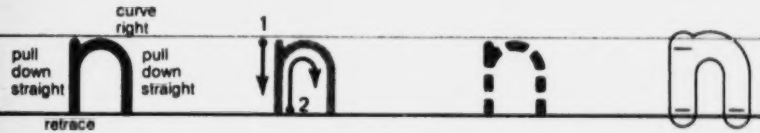
The letter is lower-case m. Begin at the midline, pull down straight to the baseline; retrace, curve forward (right), touching the midline and down, pull down straight to the baseline; retrace, curve forward (right), touching the midline and down, pull down straight to the baseline.

e y any

a so e hi

I ca e ho e.

The letter is lower-case n. Begin at the midline, pull down straight to the baseline, retrace, curve forward (right), touching the midline, and down, pull down straight to baseline.

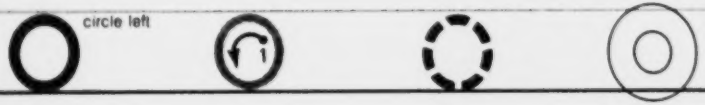


ear o e o

ot o fu y

Ca he s ru ?

The letter is lower-case o. Circle backward (left), all the way around, touching the midline and the baseline.

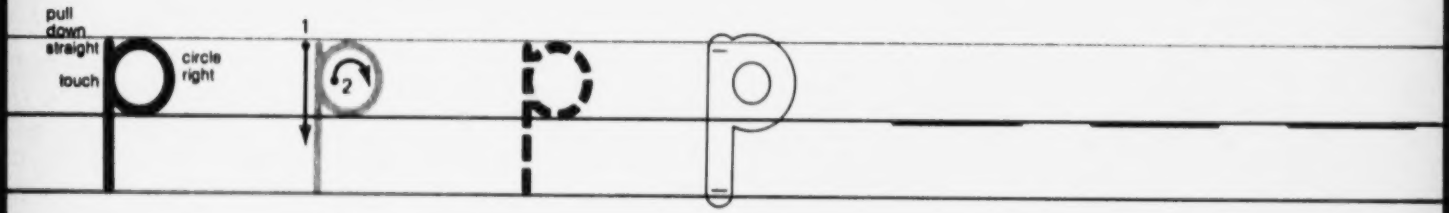


n f ne r

st p l k t

G d c king!

The letter is lower-case p. Begin at the midline, pull down straight to the descender line. Circle forward (right), all the way around, touching the midline, the baseline, and the first stroke.

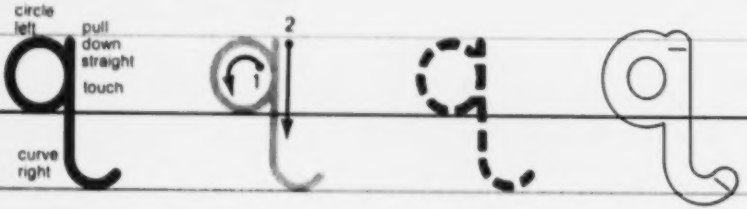


et ut ha y

lay u y u

We jum ro e.

The letter is lower-case q. Circle backward (left), all the way around, touching the midline and the baseline. Begin at the midline, pull down straight, touching the right side of the circle, curve right, touching descender line, and up.

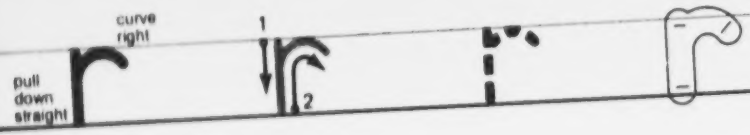


uack uart

ueen uite

It is uiet.

The letter is lower-case r. Begin at the midline, pull down straight to the baseline; retrace, and curve forward (right), touch the midline, and down, stopping at the two o'clock position.



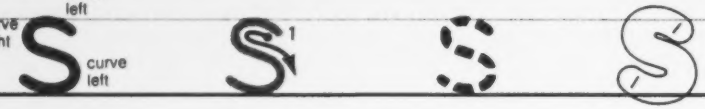
an ide fo
thei pa ty
A e ba ns ed?

The letter is lower-case s. Begin just below the midline, curve backward (left), touching the midline, and down, about halfway, curve forward (right), then backward (left), touching the baseline, and up.

curve left

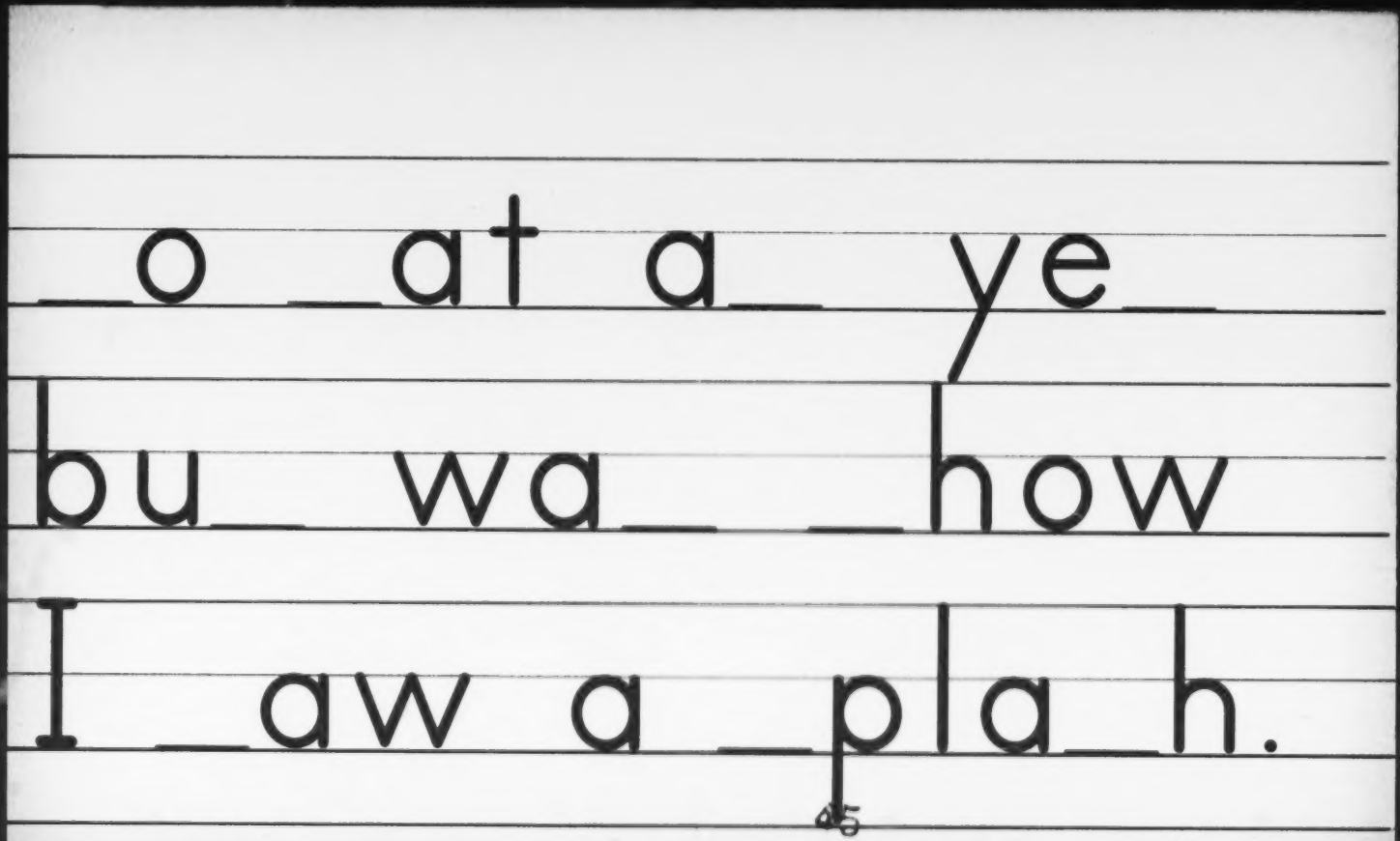
curve right

curve left

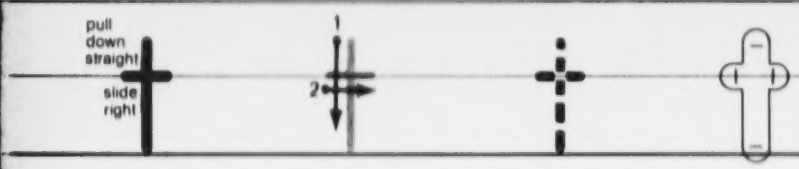


S S

S S


o at a ye
bu wa how
I aw a pla h.

The letter is lower-case t. Begin halfway between the headline and the midline, pull down straight to the baseline. Slide to the right on the midline, crossing the downstroke.

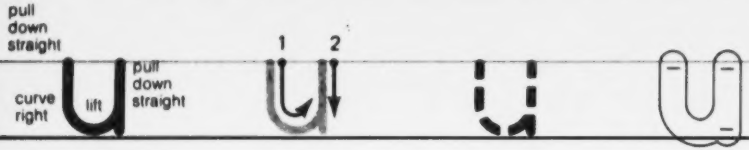


o mi en wo

li le wha

Goa s ea rees.

The letter is lower-case u. Begin at the midline, pull down straight, curve right, touching the baseline, and up. Begin at the midline and pull down straight to the baseline, touching the curve of the letter.

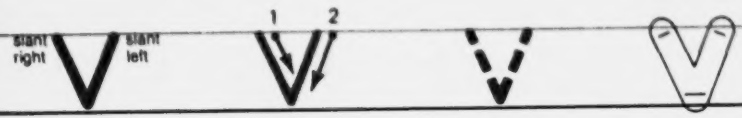


_s _p r_n yo_r

o_r wo_ld bl_e

Do b_gs la_gh?

The letter is lower-case v. Begin at the midline, slant right to the baseline. Begin at the midline; slant left to the baseline, touching the first stroke.

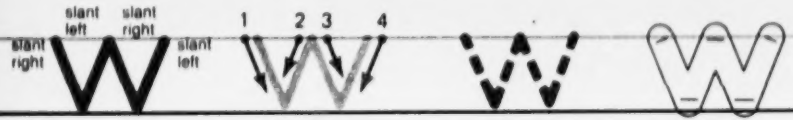


ery est ine

gi e ha e lo e

He ga e glo es.

The letter is lower-case w. Begin at the midline, slant right to the baseline. Begin at the midline, slant left to the baseline. Begin at the midline, slant right to the baseline. Begin at the midline, slant left to the baseline.

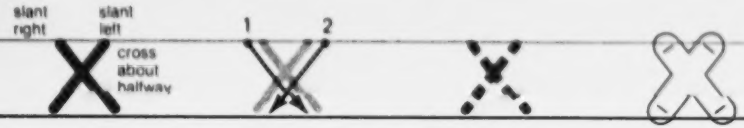


e ill a ay

do n ho ho

I sa a olf.

The letter is lower-case x. Begin at the midline, slant right to the baseline. Begin at the midline, slant left to the baseline, crossing the first stroke.

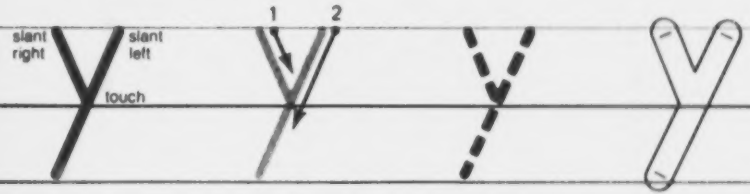


a e e it ne t

o fo fi mi

Ed fi es bo es.

The letter is lower-case y. Begin at the midline, slant right to the baseline. Begin at the midline, slant left to the descender line. First and second strokes touch at the baseline.

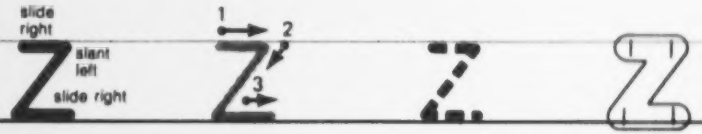


_es _ou toda_

our m sa_

The_ ma_ fl_.

The letter is lower-case z. Slide to the right on the midline, slant left to the baseline, slide right on the baseline.



z z

z z

oo oom pi a

ero ip pu le

A bee bu es.

1. boy, girl 2. red, brown, black, yellow

1

I am a

My hair is

2

3. blue, brown, black, green 4. four, five, six, seven

My eyes are

3

I am

4

5. house, apartment, trailer, boat 6. play, sing, work

I live in an

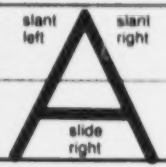
5

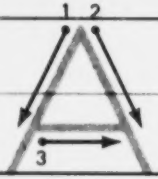
I like to

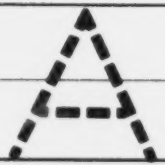
6

My name is

The letter is upper-case A. Begin at the headline, slant left to the baseline. Begin at the headline, slant right to the baseline. Begin below the midline, slide to the right, connecting the first two strokes.





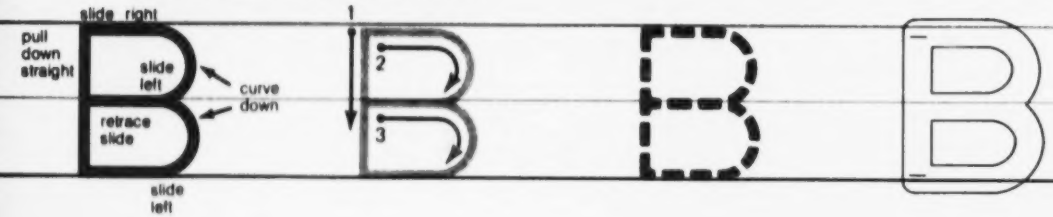


tlanta nn

ndy laska

It is pril.

The letter is upper-case B. Begin at the headline, pull down straight to the baseline. Begin at the headline, slide right, curve down to the midline, and slide left on the midline; retrace slide, curve down to the baseline, and slide left on the baseline.

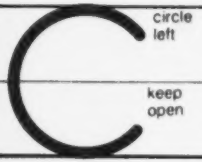


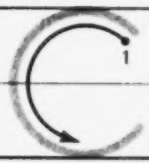
illy ear

eth oston

ugs hop.

The letter is upper-case C. Begin below the headline and circle backward (left), touching the headline and the baseline. Leave the circle open.



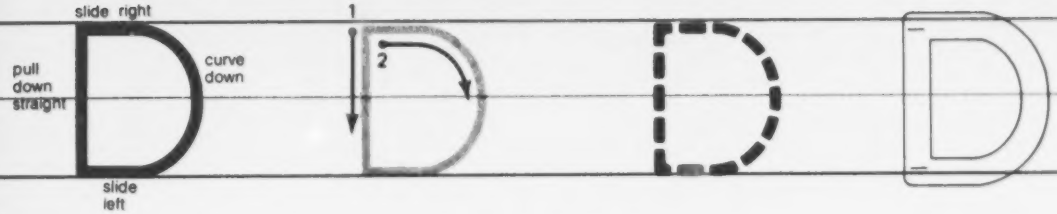


hris athy

arrie raig

ome in, arl!

The letter is upper-case D. Begin at the headline, pull down straight to the baseline. Begin at the headline, slide right, curve down to the baseline, slide left on the baseline.

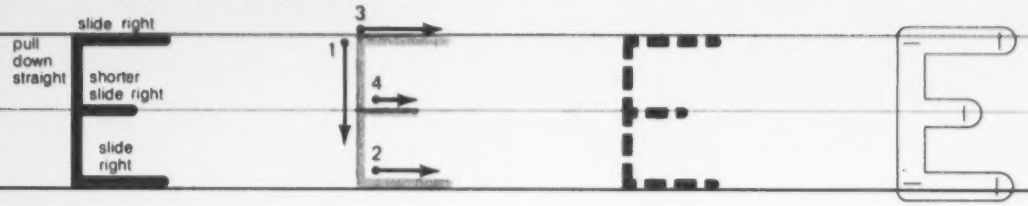


addy ebbie

avid iane

on saw an.

The letter is upper-case E. Begin at the headline, pull down straight to the baseline, slide to the right on the baseline. Slide to the right on the headline. Make a shorter slide to the right on the midline.

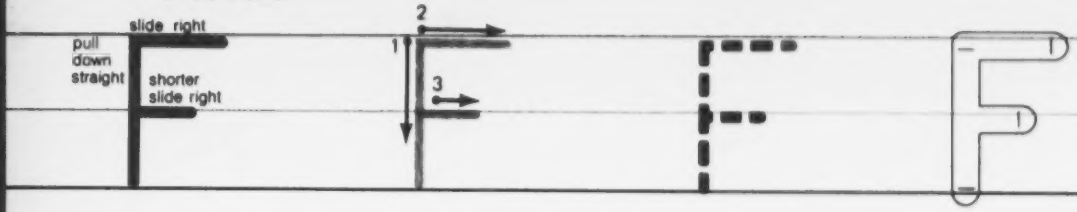


arl rica

llen aster

ric told ve.

The letter is upper-case F. Begin at the headline, pull down straight to the baseline. Slide to the right on the headline. Make a shorter slide to the right on the midline.



F F

F F

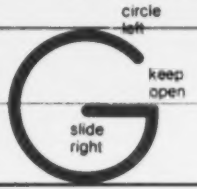
F 7

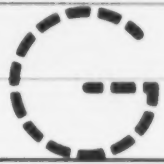
riday red

lorida ran

ind ather.

The letter is upper-case G. Circle backward (left), touching the headline and the baseline, and ending at the midline. On the midline, slide right from the center of the circle, touching the end of the first stroke.



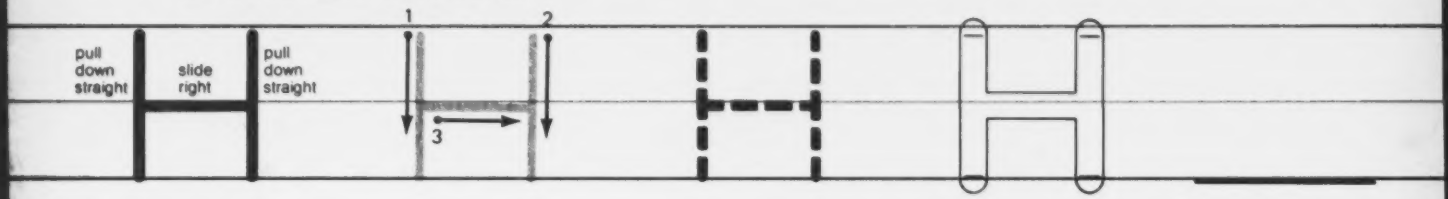


ary randpa

us randma

ood-bye, ail.

The letter is upper-case H. Begin at the headline, pull down straight to the baseline. Begin at the headline, pull down straight to the baseline. Slide to the right on the midline, connecting the first two strokes.

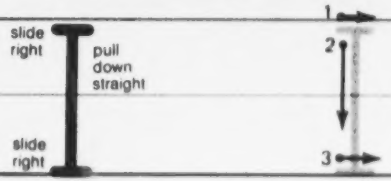


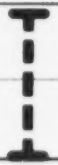
elen enry

awaii olly

ello, eidi.

The letter is upper-case I. A short slide to the right on the headline. Pull down straight from the headline to the baseline. A short slide to the right on the baseline.





ndiana van

sabel owa

s rene here?

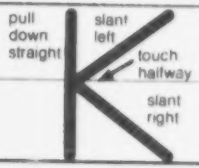
The letter is upper-case J. Begin at the headline, pull down straight, curve left, touching the baseline, and up.

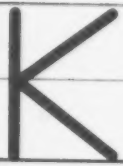
enny ason

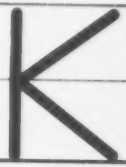
uly ohn

im saw oe.

The letter is upper-case K. Begin at the headline, pull down straight to the baseline. Begin at the headline, slant left to touch the first stroke at the midline, slant right to the baseline.







im ansas

aren ate

ing en can.

The letter is upper-case L. Begin at the headline, pull down straight to the baseline, slide to the right.

ucy inda

uke aura

ook at ynn.

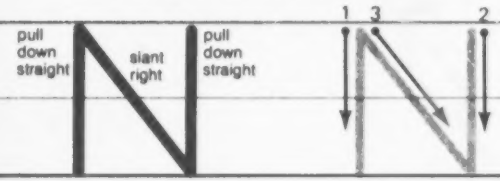
The letter is upper-case M. Begin at the headline, pull down straight to the baseline. Begin at the headline, pull down straight to the baseline. Begin at the headline, slant right to the baseline. Begin at the headline, slant left to the baseline, touching the other slant stroke on the baseline.

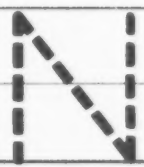
__onday __ike

__other __ay

See __r. __ouse.

The letter is upper-case N. Begin at the headline, pull down straight to the baseline. Begin at the headline, pull down straight to the baseline. Begin at the headline, slant right to the baseline, connecting the first two strokes.





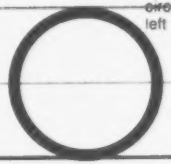
ancy ick

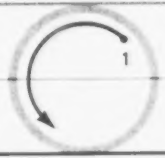
ovem ber

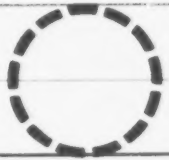
ot now, ina!

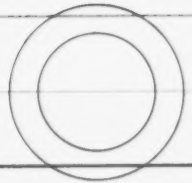
The letter is upper-case O. Circle backward (left), all the way around, touching the headline and the baseline.

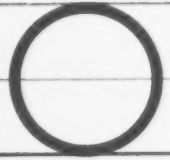
circle
left

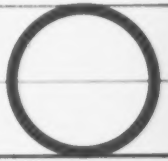


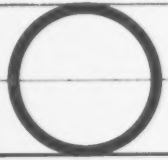


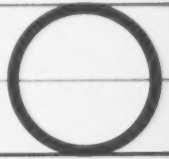










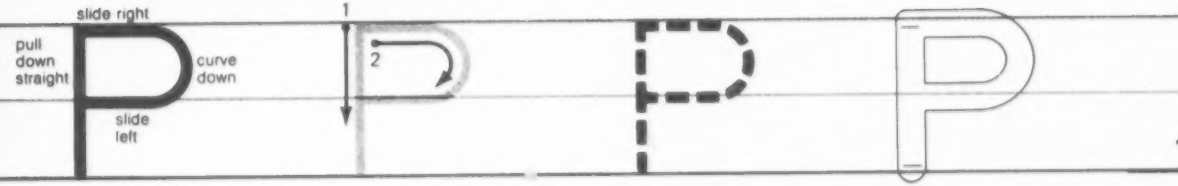


hio regon

ctober tis

scar wl did.

The letter is upper-case P. Begin at the headline, pull down straight to the baseline. Begin at the headline, slide right, curve down to the midline and slide left on the midline.



aul eggy

olly eter

lease tell at.

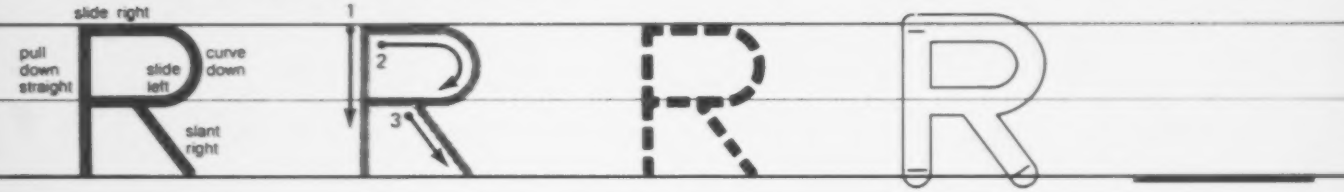
The letter is upper-case Q. Circle backward (left), all the way around, touching the headline and the baseline. Make a short slant right stroke through the circle at the lower right, ending on the baseline.

ueen uick

uestion

uiet, uentin!

The letter is upper-case R. Begin at the headline, pull down straight to the baseline. Begin at the headline, slide right, curve down to the midline, and slide left on the midline. Slant right to the baseline.

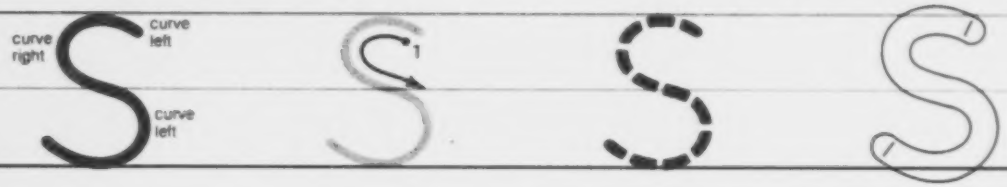


ichard uth

ebecca ay

ing on's bell.

The letter is upper-case S. Begin just below the headline, curve backward (left), touching the headline, and down about halfway, curve forward (right), then backward (left), touching the baseline, and up.

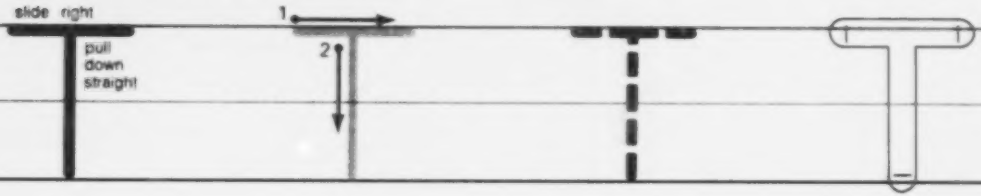


aturday am

unday cott

hall ue go?

The letter is upper-case T. Slide to the right on the headline. Pull down straight from headline to baseline.

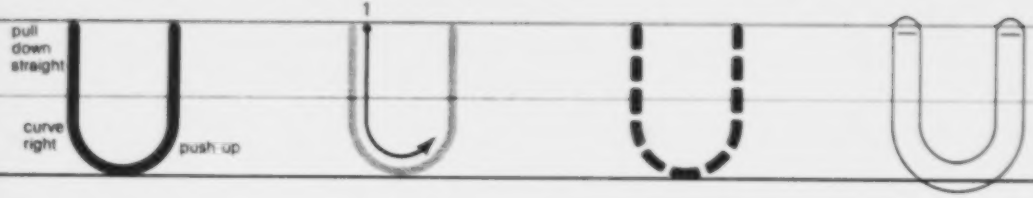


erry exas

ina uesday

hank you, ed

The letter is upper-case U. Begin at the headline, pull down straight, curve right, touching the baseline, and up, push up straight to the headline.

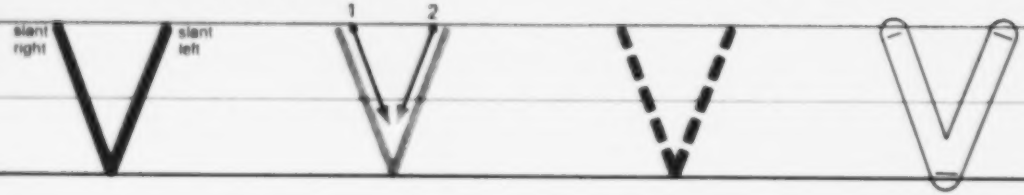


rsula ncle

nited States

se umbrellas.

The letter is upper-case V. Begin at the headline, slant right to the baseline. Begin at the headline, slant left to the baseline, touching the first stroke.

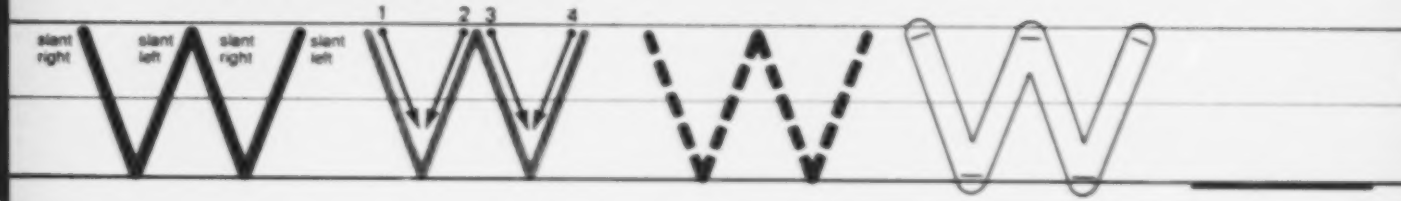


alerie ince

irginia an

isit me, icky.

The letter is upper-case W. Begin at the headline, slant right to the baseline. Begin at the headline, slant left to the baseline. Begin at the headline, slant right to the baseline. Begin at the headline, slant left to the baseline.

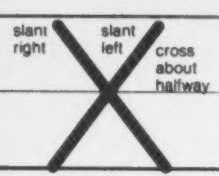


ednesday

endy est

ho is ill?

The letter is upper-case X. Begin at the headline, slant right to the baseline. Begin at the headline, slant left to the baseline, crossing the first stroke at the midline.

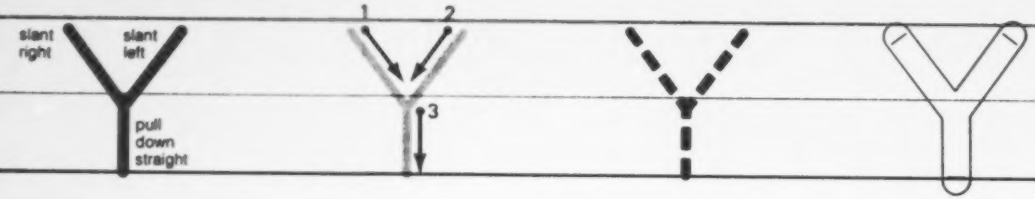


E_IT

TA_I

___is for ___-ray.

The letter is upper-case Y. Begin at the headline, slant right to the midline. Begin at the headline, slant left to the midline, touching the first stroke. Pull down straight to the baseline.



__vonne __ale

New __ork

__es! __ou may!

The letter is upper-case Z. Slide to the right on the headline, slant left to the baseline, slide to the right on the baseline.

IP code

elda oo

ebras are fun.

Write the upper-case letter next to the lower-case letter.

a A b B c d

e f g h

i j k l

m n o p

q r s t

u v w

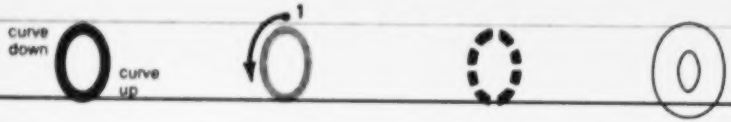
x y z

STOP GO

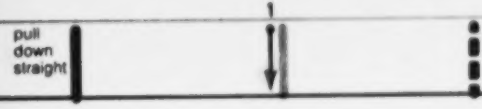
FIRE

POLICE

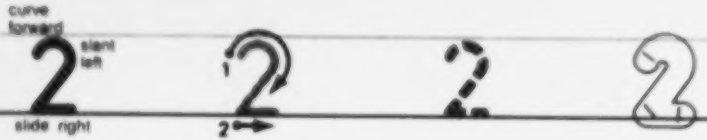
The numeral is 0. Make a backward oval, touching both the midline and the baseline.



The numeral is 1. Begin at the midline, pull down straight to the baseline.



The numeral is 2. Begin below the midline, curve forward (right), touching the midline, slant left to the baseline, and slide right.



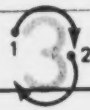
2 2

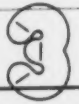
2 2

The numeral is 3. Begin below the midline, curve forward (right) to make a half circle; make another forward half circle resting on the baseline.

curve forward

3 curve forward

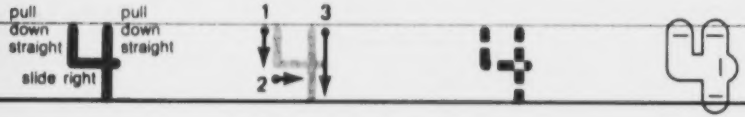




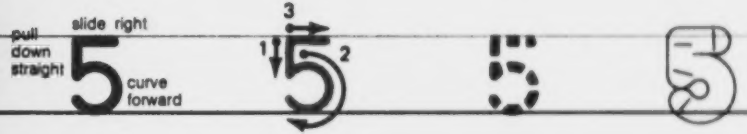
3 3

3 3

The numeral is 4. Begin at the midline, pull down straight about halfway, slide right. Begin at the midline, pull down straight to the baseline, crossing the slide stroke.



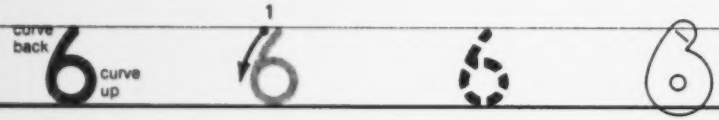
The numeral is 5. Begin at the midline, pull down straight about halfway; make a forward half circle resting on the baseline. A short slide to the right on the midline.



5 5

5 5

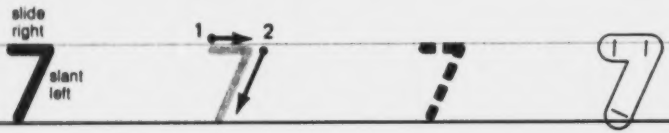
The numeral is 6. Begin at the midline, curve back (left) and down to the baseline, curve up and around to close the circle, filling half the space.



6 6

6 6

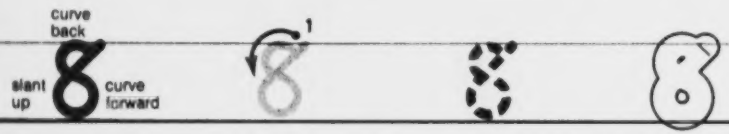
The numeral is 7. Begin on the midline, slide to the right, slant down left to the baseline.



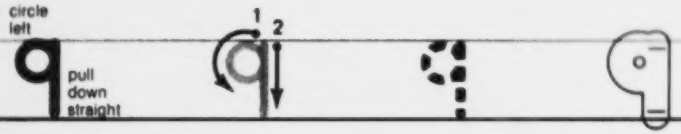
7 7

7 7

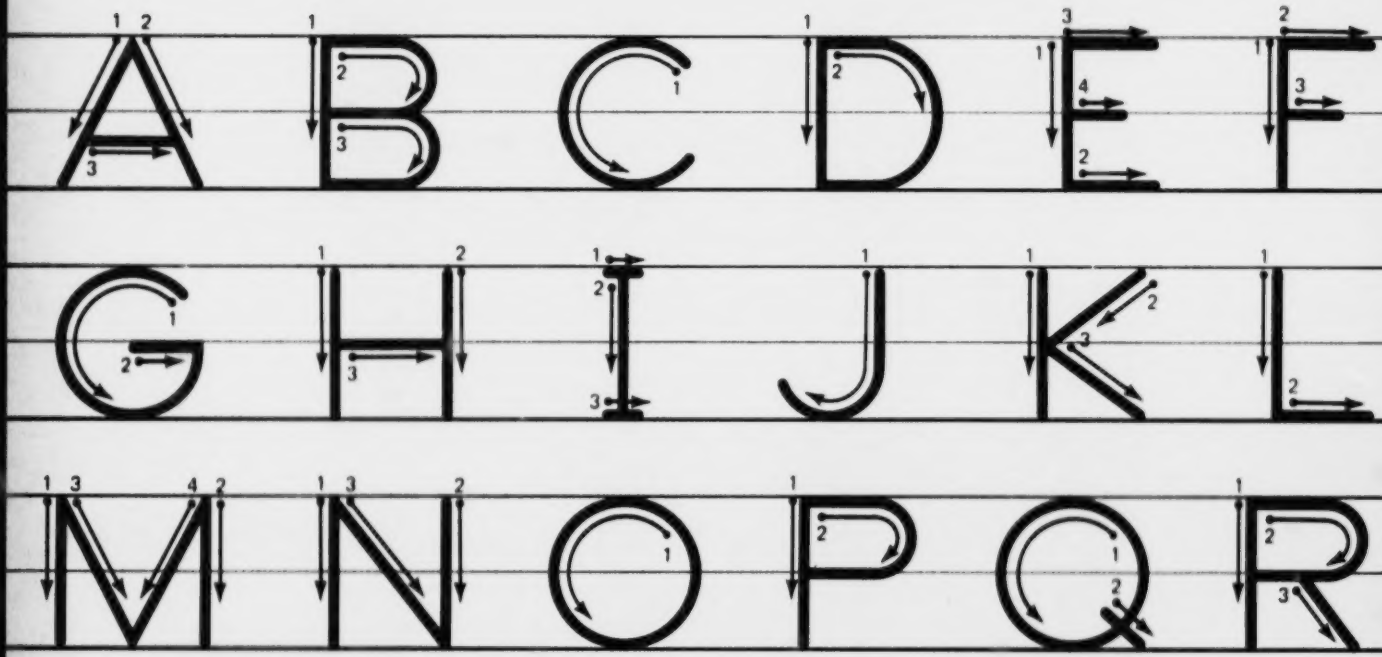
The numeral is 8. Begin just below the midline, curve back (left) and up to the midline, curve around, forward (right), down, around, touching the baseline and up; slant up, crossing the curve stroke and connecting with the beginning stroke.

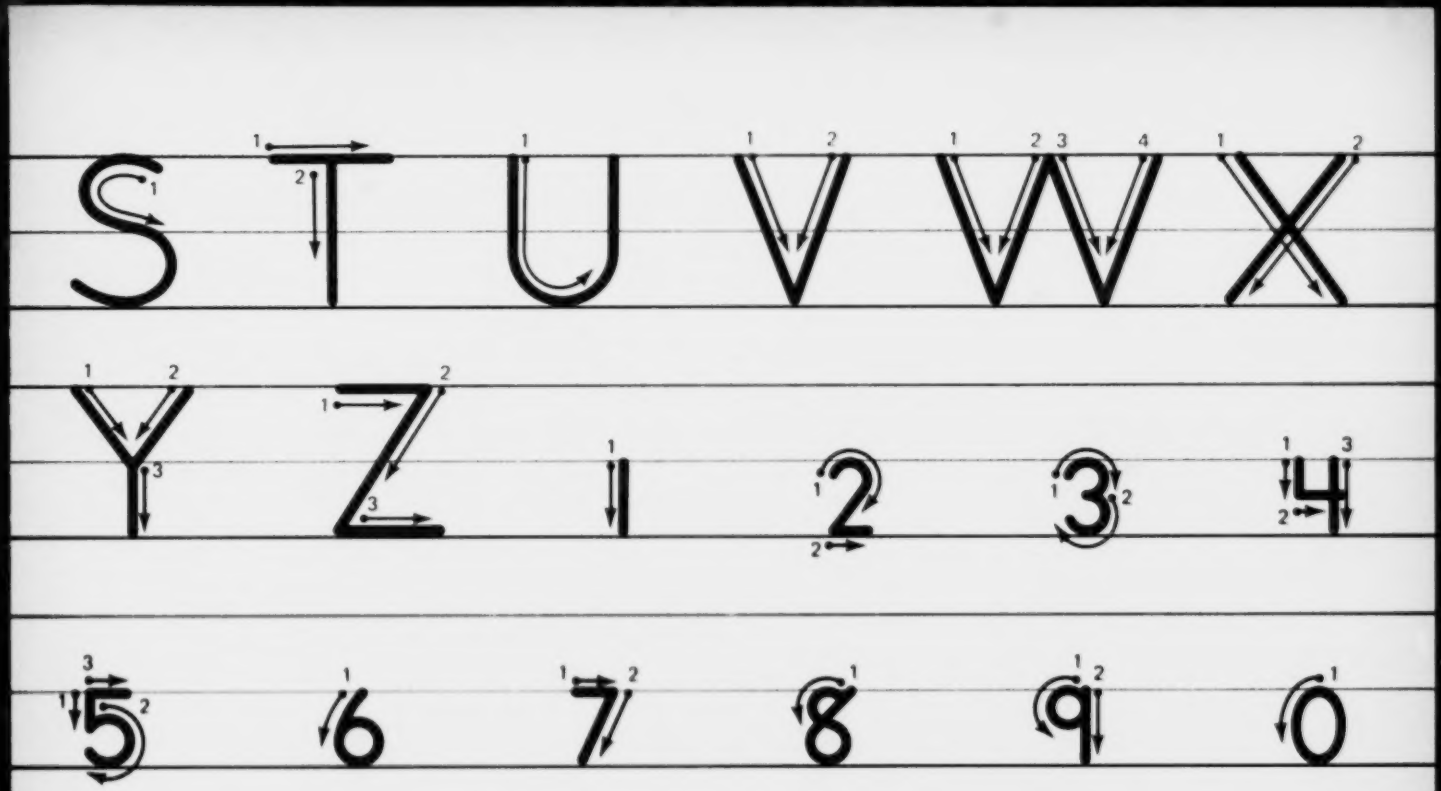


The numeral is 9. Begin slightly below the midline, circle backward (left), filling half the space. Begin at the midline, pull down straight to the baseline, touching the right side of the circle.



Write your numbers 1 through 10.


A B C D E F
G H I J K L
M N O P Q R


S T U V W X
Y Z 1 2 3 4
5 6 7 8 9 0

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